

LAKE COUNTY

# Aquatic journey

Central YMCA's Cygnets Synchronized Swimming Team showcases aquatic magic



The Central YMCA's Cygnets Synchronized Swimming Team is performing March 7-9 in Painesville. COURTESY OF THE LAKE COUNTY YMCA

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The Lake County YMCA does a lot more than give the community a clean and safe place to simply swim a few laps.

Above or below water, there is an elite aquatics show going on, and the Central YMCA's Cygnets Synchronized Swimming Team is the star, going well beyond an orchestrated dip in the pool.

The Synchronized Swimming Team takes audiences on a journey across seven states in this year's performance held at the Central Branch in Painesville.

With graceful choreography, stunning aquatic artistry and music that will transport fans, this one-of-a-kind show is an experience for people of all ages.

Aquatics Director Doug Land is proud of all the hard work the team has put into preparing for the show.

"Our Cygnets have been training tirelessly for months, perfecting every routine with dedication, teamwork and passion," Land said. "Their hard work in the pool, from mastering synchronized movements to building endurance and strength, truly shines in this year's show. We can't wait for the community to experience the incredible performance they've put together."

"The Cygnets Synchronized Swimming Team is one of the best-kept aquatic secrets in Lake County, and this year's show is set to be an unforgettable journey," Land added. "Our swimmers have dedicated countless hours to perfecting their routines and their passion truly shines in the water. Whether you're a longtime fan or seeing synchronized swimming for the first time, this performance is something you won't want to miss."

Suzanne Hall, associate executive director of the Lake County YMCA, said the team represents much more than a crowd-pleasing synchronized performance in the water.

"The Cygnets exemplify everything we stand for at the YMCA — dedication, teamwork and a commitment to excellence," Hall said. "Their performances are not just about synchronized swimming; they're about building confidence, lifelong friendships and unforgettable experiences."

"This year's show takes us on an exciting journey and I can't think of a better way to showcase the talent and passion of our swimmers. I encourage everyone to come experience the magic of synchronized swimming and support these incredible athletes."

According to a Lake County YMCA news release, synchronized swimming requires a unique combination of strength, endurance, flexibility and artistry. Athletes must master precise timing, breath control and powerful underwater movements while maintaining grace and synchronization with their teammates.

Training includes hours of conditioning, strength training and technical drills to develop the stamina needed to perform intricate routines—all while holding their breath and executing complex choreography. Swimmers must also possess strong teamwork and

communication skills, as success in the sport relies on their ability to move seamlessly as one unit. The dedication and discipline required to be a synchronized swimmer make it one of the most challenging yet rewarding aquatic sports.

The Cygnets have a long-standing tradition of entertaining audiences with themed performances that highlight their athleticism, precision and passion for the sport.

They performed March 7 and March 8 and have one final show at the Central Branch in Painesville on March 9 at 2 p.m. with bleacher seating available.

Tickets are \$7 at the door and children under 2 are admitted free.

According to the release, the Lake County YMCA is committed to strengthening the community through youth development, healthy living and social responsibility. Programs and facilities provide a safe and welcoming environment for individuals and families to learn, grow and thrive.